



California Programs That Promote or Support Adolescent Nutrition and Physical Activity

This listing includes programs in California that address adolescent nutrition and physical activity. **Inclusion in this list does not constitute endorsement by the Maternal and Child Health Branch, California Department of Health Services, nor is any statement implied regarding agencies not listed.** It is not necessarily comprehensive.

Originally compiled by Julie Digiorno under the direction of Suzanne Haydu, MPH, RD, MCH Nutrition Consultant, September 1998.

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Program Contact Person	Available Resources, Data Funding Sources	Avenue of Money Spent	Nutrition Component	Physical Activity Component	Area & Age Served
<p>Adolescent Family Life Program (AFLP)/Adolescent Sibling Pregnancy Prevention Program (ASPPP)</p> <p>Delfina Shelomenseff, RD, MPA AFLP Nutrition Prog. Coord. Sutter Women's & Children Services 4704 Roseville Rd., Ste. 101 North Highlands, 95660-5173 (916) 334-0266 Fax: (916) 334-039B Shelomd@sutterhealth.org</p>	<p>Funding AFLP/ASPPP: Combination of State General Funds and Federal Title V Maternal and Child Health Block Grant funds</p> <p>AFLP Nutrition Program: California Nutrition Network</p>	<p>47 Adolescent Family Life Programs in 42 counties provide outreach to and case management services for pregnant and parenting teens. The teen's needs are assessed and referral made to: medical care (including prenatal and postpartum), school support services, substance abuse prevention, parenting education, family planning, social services, mental health services, and health education.</p>	<p>Screening for nutrition risk; nutrition education/ interventions for clients as part of case management services.</p>	<p>Screening for level of physical activity; education/ interventions for clients as part of case management services.</p>	<p>AFLP: Pregnant and parenting females 18 or younger; parenting males 20 or younger</p> <p>ASPPP: 11 - 17 year old</p>

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American Cancer Society Nutrition Education “Eat Right & Exercise Campaign” American Cancer Society – California Division 1710 Webster Street Oakland, CA 94612 (510) 893-7900 x236 Fax: (510) 874-7161	<ul style="list-style-type: none"> ◆ Media campaign and support materials ◆ Schools: ‘Changing the Course’ curriculum used for K-12, food service providers’ manual, 5-A-Day program materials for grades 4-6 and Cal Carrot Quiz and materials ◆ Work-Sites: “Work Wellness Cancer Free and Work-Site Wellness” slide presentations and Cal Carrot Tip Sheet and Quiz materials ◆ Churches: “The Nutrition Sabbath’ program ◆ Messages concurrent With Nutrition Network for media programs 		Recommends eating at least 5 fruits and vegetables each day.	As a media campaign main message is preventing cancer through a healthy lifestyle, including exercise at 30 minutes per day.	Statewide All ages
California Foundation for Agriculture in the Classroom Judy Culbertson Executive Director 00 River Plaza Drive Sacramento, CA 95833 .P.O. Box 15949 Sacramento, CA 95853 (916) 561-5625 Fax: (916) 561-5697 E-mail: www.cfaitc.org	<ul style="list-style-type: none"> ◆ Teacher Resource Guide ◆ Educators Newsletters ◆ Units / Lesson Plans ◆ Fact/Activity Commodity Sheets ◆ Teacher Inservices ◆ Statewide Conferences <p>Funding Donor Base Grants</p>	Fund CFAITC programs for teacher training and resources in all curricular areas	All materials provide information about the source of food and fiber Resources include information about Food Pyramid and nutrition	Units/Lesson Plans and Fact/Activity Sheets include gam and activities for students.	Statewide K-12- University student teacher program

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<p>California Adolescent Nutrition And Fitness Program (CANFit)</p> <p>Arnell Hinkle, MPH, RD, CHES Director 2140 Shattuck Ave., Ste. 610 Berkeley, CA 94704 (510) 644-1533 Fax: (510) 644-1535 E-mail: info@canfit.org</p>	<ul style="list-style-type: none"> ◆ Newspaper articles, quarterly newsletter of the California Adolescent Nutrition and Fitness Program ◆ Booklet: Community-based Nutrition Interventions Reaching Adolescents from Low-income Communities ◆ Recipes for Success/Youth Service Providers ◆ Curricula, Posters, How-to Guides, Teachers Guides, Filipino parents Nutrition/Physical Workshop guide, After-School Curriculum, African American/Latino Nutrition, Self-esteem, Body Image Curriculum (Peer to peer using high school and middle school Curriculum) <p>Funding CA Endowment's Children Health Initiative California Wellness Foundation</p>	<p>CANFit issues grants to programs statewide:</p> <ul style="list-style-type: none"> • Funding innovative community-base interventions in nutrition and physical activity. • Leveraging existing resources through coordination with other organizations currently serving adolescents • Evaluating and disseminating effective programs throughout California ◆ Scholarships on nutrition, physical education, public health, or culinary arts 	<p>CANFit recipes for success contain steps for creating community-based nutrition and physical activity projects.</p> <p>One goal is to improve the nutritional status of California's low-income adolescents.</p>	<p>One goal is improving the physical fitness of California's low-income, multi-ethnic adolescents through funding of community-based projects.</p>	<p>Statewide</p> <p>10-14 year old, low-income African-American, Latino, Asian, American India Filipino, and Korean youth.</p>

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<p>California Nutrition Network for Healthy Families</p> <p>Administrative Ralph Bonitz, HP Specialist CA Dept. of Hlth Services 601 N. 7 th St., MS 662 Sacramento, CA 95814 (916) 327-0938 E-mail: rbonitzadhs.ca.gov</p> <p>Program Jan Lewis, MA, RD Pub. Hlth Nutr. Consultant CA Dept. of Hlth Services (916) 322-7879 E-mail: jlewis@dhs.ca.clov</p>	<ul style="list-style-type: none"> ◆ A source book for CBO development ◆ 1995 California Dietary Practices Survey: Special Report ◆ California Dietary Practices Survey: Focus on Fruits and Vegetable Trends Among Adults, 1989-1997 ◆ Local Network Incentive Awards ◆ Network collateral materials (i.e., brochures, newsletters and posters) ◆ Partner Roster Trained spokesperson - state and regional ◆ Interactive retail kiosk in a variety of stores <p>Funding US Department of Agriculture The California Endowment</p>	<p>Local Incentive Awards</p> <p><u>School Districts:</u> Alisal Union, Del Norte Unified, El Monte City, East Side Union High, Elk Grove Unified, Farmersville Unified, Irvine Unified, Montebello Unified, Sa Diego City, Santa Monica-Malibu Unified</p> <p>Mass Media</p> <p>Retail Grocery Stores</p> <p>Regional Coalitions</p> <p>Special Projects</p> <p>Community Grants</p>	<p>Nutrition education for lower income families features the California Daily Food Guide recommendations and serving sizes and recipes that are low cost and convenient. The network Incentives Award program enables local county health departments, low resource school districts, Indian Health organizations, and other public entities to enhance existing nutrition programs. Nutrition education activities include mailings to local Food Stamp recipients, participation at local fairs and cultural events, parent workshops, off-track packet programs, nutrition resource libraries, and nutrition cooking classes.</p>	<p>Includes physical activity component for lower income families. Features 30 minutes of activities that can be incorporated into daily schedules. The Network Incentives Awards program enables local county health departments, low resource school districts, Indian health organizations, and other public entities to enhance existing nutrition/physical activity programs. Physical activity is woven into the nutrition education curriculum.</p>	<p>Statewide</p> <p>Primary target audience: Single, separated, or divorced white or African American women with children of lower elementary age and married Latina mothers with children of lower elementary age.</p> <p>Secondary target audience: School-aged children</p>

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<p>California Project LEAN Food on the Run</p> <p>Cyndi Guerra-Walter Marketing Director CA Dept. of Health Services P.O. Box 942732, MS-675 Sacramento, CA 94234-732 (916) 322-1555 Fax: (916) 445-7571</p>	<ul style="list-style-type: none"> ◆ Jump Start Teens resource kit, which includes creative lessons that integrate nutrition, physical activity and mass media with community service, language arts, math, science, social studies and more. ◆ Adolescent Behaviors, <i>Perceptions</i>, ◆ Values and Attitudes on Health, Nutrition and Physical Activity focus group report. ◆ Literature review on Adolescents, health eating and physical activity. ◆ Nutrition and physical activity teen police tool kit. ◆ Evaluation piece - binder of survey instruments (avail. From Erika Takada) ◆ Recipes (Cook Lean) <p>Funding California Endowment grant California Nutrition Network - USDA Prevention Block Funds</p>	<p>Statewide <i>Food on the Run</i> program is implemented through local agencies, including schools, health departments, universities and community-based organizations.</p> <p>State office supports local programs through training, technical assistance, collateral development and evaluation.</p>	<p>Includes nutrition education for teenage peer advocates through Jump Start <i>Teens</i>, which features interactive lessons on the food guide pyramid, food labels, fast food, food advertising and food policy.</p>	<p>Includes physical activity education for teenage peer advocates through Jump Start <i>Teens</i>, which features interactive lessons physical activity, eating to win for athletes, and optimal fluid intake for physically active young adults.</p>	<p>Statewide, 30 high school interventions.</p> <p>14-18 year olds, multi-ethnic, low income (under \$20,000 family income)</p>

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Child Health and Disability Prevention Program (CHDP) Patrick Lord Children's Medical Services State Dept. of Health Services P.O. Box 942732, Rm. 191 Sacramento, CA 94234-7320 (916) 323-8009 Fax: (916) 323-8104	<ul style="list-style-type: none"> ♦ "Children and Weight, What Families Can Do" - flipchart available in English and Spanish ♦ "You Can Prevent Anemia" - flipchart available in English, Hmong and Vietnamese Funding Federal Government	Works with private physicians, local health departments, schools, nurse practitioners, dentists, health educators, nutritionists, community clinics, nonprofit health agencies, and social/community service agencies to provides periodic preventive health services to Medi-Cal beneficiaries.	Nutrition assessment, education and interventions for potential or existing health problems. Nutrition relate conditions or problems include: overweight, iron-deficiency anemia,	Physical activity is included as a guideline in the weight component.	All California Medi-Cal recipients from birth to age 21

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Comprehensive Perinatal Services Program (CPSP) Suzanne Haydu, RD, MPH State Dept. of Health Services Maternal & Child Hlth Branch 714 P Street, Room 760 Sacramento, CA 95814 (916) 654-5228 Fax: (916) 657-1345 Shaydu@dhs.ca.gov	“Steps to Take” CPSP Guidelines for Enhanced Health Education, Nutrition, and Psychosocial Services Funding Federal Title V MCH Block Grant Federal Title XIX funds State General Funds		Nutrition assessment and interventions for pregnant and postpartum women.		Approximately 1500 approved providers statewide. Medi-Cal eligible pregnant women

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Dairy Council of California Michael Danzik, MPH, RD Regional Manager 1101 National Drive, Ste. B Sacramento, CA. 95834-194 (916) 263-3560 (800) 827-0833 Fax: (916) 263-3566 E-mail: mdanziko@dairycouncilofca.org	<ul style="list-style-type: none"> ◆ Summary of food consumption among California's adolescents. ◆ Available to California Pre-K 12 teachers: free nutrition education curriculum (choosing healthy foods and activity; learning basic cooking skills; includes strategies to support curriculum connections) ◆ Available to health professionals: nutrition and physical activity programs covering various topics (such as osteoporosis, pregnancy and pediatric nutrition) for patient education purposes. ◆ Materials are designed to help the child create a personal plan for improvement ◆ Nutrition education classroom curriculum (includes teacher guide with lesson plans; consumable student workbooks resupplied annually at no cost; posters, food pictures, and other support materials; recipes). Nutrition education booklets and brochures <p>Funding Non-profit organization funded by Producers and processors</p>	Program development, marketing of program, administrative	The nutrition resources are to be used by teachers and health professionals.	Physical activity is woven into the nutrition education curriculum.	Statewide; sells programs to other states Pre-K - 12 and adults

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Youth Food Stamp Nutrition Education Program (FSNEP) Anne Wright Administrative Coordinator FSNEP State Office One Shields Avenue Davis, CA 95616 Phone: 530-752-7899 FAX-530-752-1107 E-mail: aswrightd-ucdavis.edu	<ul style="list-style-type: none"> Curriculum materials Staff support to classroom teachers and youth leaders <p>Funding Federal government In-Kind contributions from county Cooperative Extension offices and teachers and other extenders</p>	Provide “hands-on” nutrition education for youth (preschool through high school) from food stamp families.	Overall goals of the program are to increase awareness of fruits, vegetables and other high-fiber, low-fat foods and to increase awareness of food safety practices for children who prepare some of their own meals and snacks. Several different curricula are approved for use in the program. Examples are: Eating Right is Basic , a basic nutrition program and TWIGS, a nutrition and gardening program,	Not Applicable	Preschool through high school (See Appendix A for list of County Contacts)
Fit For Kids! Normandie Nigh Executive Director Kacy Coupe Program Director A World Fit for Kids (AWFFK!) 2550 W. Beverly Blvd., 2nd Floor Los Angeles, CA, 90057 (213) 387-7712 Fax: (213) 387-7507 E-mail: Web site: www.worldfftforkids-org	<ul style="list-style-type: none"> In-service training and workshops for educators and service providers. Currently developing operating manual and training materials/workshops for program replication. <p>Funding CANFit grant Sponsors Fee for services Donations</p>	Provide direct services to local schools and youth	California Dairy Council “Exercise Your Options” and “Fit Jam”- AWFFK! Middle school program that includes discussion on making healthy eating choices.	Provide fitness and sports activities, workshops and training sessions promoting ‘fit behavior. Teen mentors serve as instructors and coaches providing a variety of after-school youth developed and directed activities, which demonstrate simple and powerful ways for youth to take control of their lives and their own bodies.	After-school programs in Los Angeles County. Primary program is training for teens and college interns who then provide healthy activities for inner-city Latino and African-American youth aged 5-14, ‘Train-the-trainer’ workshops and presentations being conducted statewide. Program is being prepared for national dissemination.

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Healthy Start Roberta Peck, MPH, RD Education Consultant Healthy Start Office CA Department of Education 721 Capitol Mall, Suite 560 Sacramento, CA 95814 (916) 653-6415 Fax: (916) 657-4611	<ul style="list-style-type: none"> ◆ Evaluation results of Healthy Start Directory of Healthy Start sites (by county) ◆ Video ◆ Resources on collaboration and school-linked services including a “how-to” plan ◆ Implement and evaluate local initiatives Funding Prop. 98 Education funding CDE planning grants (1-2 years) and operational grants (3-5 years) Local partnership resources and services Local Educational Agency Medical Reinvestment Improving America’s Schools Act (e.g., Titles 1,4,7,11)	Provide coordination and case management for school-linked supports and services that promote measurable improvements in areas such as school readiness, academic success, health and mental health, and family functioning.	Local collaboratives prioritize goals and related services based on their local community assessment. Nutrition services may include meeting basic needs (food, clothing, shelter, transportation), providing medical/health services including nutrition counseling, and income maintenance (food stamps, Medi-Cal, TANF)	Local collaboratives prioritize goals and related services based on their local community assessment. Physical activity strategies may include recreation, sports, and before/after-school enrichment.	K-12 and family members (Collaborative partners may include preschools and private schools.)
Heart Fest at School Kamal Khaira American Heart Association Western States Affiliate 1710 Gilbreth Road Burlingame, CA. 94010-1317 (650) 259-6700 Fax: (916) 443-2865 www.amedcanheart.or-q	Menus Funding American Heart Association California Beef Council	Task force that guides project California Department of Education produces the marketing letter.	Menus for school breakfast programs Activities for nutrition education in the classroom	Not Applicable	Statewide, share with Nevada and Utah Heart Association Offices Primarily K-6

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Kid Shape Christiane Wert, MPH, RD Program Director 8733 Beverly Blvd., #200 Los Angeles, CA 90048 (888) 600-6444 Fax: (310) 652-8085	Funding Medi-Cal fee for service Medi-Cal managed care IPA Private funding		Nutrition education focus includes food guide pyramid, making healthy school lunches, after school snacks, individual meal plans with age appropriate serving sizes, special occasion eating, healthy eating away from home, and nutrition label reading. Discussion groups explore emotional eating, how to get motivated, weight management skills, self-esteem and body image, and how to maintain lifestyle changes. Also included: medical nutrition therapy, behavior modification and peer support groups.	On-site physical activity (includes hip hop dance, jump rope, martial arts, soccer, volleyball, aerobics, kick boxing) Life time skills	2 sites in Ventura county, 1 in LA county, expanding to Fresno, Santa Barbara, and San Mateo counties 6-14 year old

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<p>Middle School Physical Activity and Nutrition Program (M-SPAN)</p> <p>Marianne Wildey or James Sallis, PhD Project Director San Diego State University M-SPAN 6363 Alvarado Ct., Ste. 245 San Diego, CA. 92120 (619) 594-2999 Fax: (619) 594-8707</p>	<ul style="list-style-type: none"> ◆ Research project will be done at end of 1999 school year. ◆ Activity data on baseline measure ◆ Newsletter <p>Funding National Institute of Health International Life Science Institute</p>	<ul style="list-style-type: none"> ◆ Pilot study Measure adolescent nutrition and physical activity habits ◆ PE consultant help identify activity collaborators ◆ Stipend to provide physical activity 	<p>Institute low-fat food choices in the schools. 3 sources of measurement: cafeteria, student store, bag lunch.</p> <p>Parent involvement: Newsletter including articles on nutrition and physical activity, attend back to school night, and make parents advocates to help kids pack better lunches. Healthy policy committee (parents, students, faculty cafeteria, PE coach) help to make policy changes.</p> <p>Intervention for the student store and the cafeteria; work with the food buyers central kitchen, cafeteria workers: teach them how to prepare foods with less fat and identify food vendors that sell low-fat food choices, train the staff on cooking methods.</p> <p>Manual and guidebook for agencies and schools to institute the program will be available in two years.</p>	<p>Institute physical activity in the schools.</p> <p>Increase the number of opportunities youths have to be physically active in the schools.</p> <p>Determine if a change in environment will make adolescents more active. Collaborate with the parks and recreation department, as well a volunteers to provide equipment and activities.</p> <p>Train the physical education teachers how to keep the kids active in PE classes.</p>	<p>12 middle schools in San Diego County</p> <p>11-14 year old multi-ethnic boy and girls</p>

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Mind Your Body Michael Pouliot RD, CLC 6081 N. First Street, Suite 10 Fresno, CA. 93710 (209) 432-FOOD Fax: (209) 432-3607	<ul style="list-style-type: none"> ♦ Research study, focused on childhood obesity. Worked with Valley Children's Hospital. ♦ Video and teachers guide ♦ Nutrition Curriculum with over 20 lesson plans Funding Valley Children's Hospital Self	Developed curriculum Is for children K-12	Video: teenage nutrition, teacher guides to follow video. Curricula provide children with skills that are applicable to real life. Council children. Focus groups with teachers. Provide more than 20 reproducible lesson plans. Nutrition concept is very basic. Younger children are taught the food groups using red and green foods. (red = high fat and sugar, green is the opposite)	Exercise, behavior modification, goal setting, body image, critical thinking, media. Use play approach to learning. Adolescents learn about physical activities with active worksheets (what, when, how long, what you like to do. Religious/cultural barriers and prevention and obesity problems are addressed. For Christians, spiritual relationship with Jesus is incorporated into the curriculum.	Nationally in schools and hospitals. Fresno for counseling. Kaiser in the Bay area and Fresno currently use the curriculum. The state of Georgia Dept. of Educ. has adopted the program. Grades 3-12 (K-2 being developed)
NET- Garden Enhanced Nutrition Education Program Deborah Tamannaie, MS, RD Nutrition Education Consultan CA Department of Education Nutrition and Education Training (NET) Program 560 J Street, Suite 270 Sacramento, CA 95814 (916) 323-2473 Fax: (916) 3234311 E-mail- dtama@na(&-cde.ca.q2v	<ul style="list-style-type: none"> ♦ Analysis of the California School Garden Survey Conducted in February 1996 ♦ Garden Start-up Resource Packet Funding USDA State General Fund	Provide start-up grants to agencies when funds Provide technical assistance and resources	Edible school gardens can be an effective method of enhancing nutrition education. Students employ hands-on learning techniques, make real-life connections, have fun, and focus on changing eating behaviors.	Developing the garden includes removing rocks, tiling the soil, weeding, harvesting, watering, etc.	Statewide Pre-K through 12

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Meal Supplements for Pregnant and Lactating Students Program (PALS) Calif Department of Education Child Nutr. & Food Distr. Div. School Nutrition Prog. Unit P.O. Box 944272 Sacramento, CA 94244-2720 (916) 445-0850 or (800) 952-5609	Funding California Department of Education, Child Nutrition and Food Distribution Division	Provides meal supplements to eligible, medically certified students. All pregnant and lactating students are eligible	Optional meal supplements made available to all pregnant and lactating students at no extra cost provide additional high-calcium and high-protein foods, as well as B-vitamins, iron, and grain products. Nutrition education provided so that students understand their dietary needs.	None	Statewide Agencies able to participate are public and private nonprofit schools, and public or private nonprofit licensed residential child care institu- tions (e.g., group homes, juvenile halls, orphanages). Agencies must also participate in the National School and/or School Breakfast Program.

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NET Program- SHAPE (Shaping Health As Partners In Education) California Helen Magnuson, MPH, RD CA Department of Education Nutrition Education and Training (NET) Program 560 J Street, Rm. 270 Sacramento, CA. 95814 (916) 322-4792 (800) 952-5609 Fax (916) 3234311 E-mail: hmagnuso@cde.ca.gov	<ul style="list-style-type: none"> ◆ Strategies for Success: A Resource ◆ Manual for SHAPE California Child Nutrition Program ◆ SHAPE California promotional material ◆ NET Program Materials ◆ Nutrition resources for child development agencies, and family day care home audience that would work in parenting/child development classes for adolescence. ◆ Listing of Agencies promoting ◆ SHAPE California Approach Funding USDA State general fund The California Endowment Support provided from school district	Provide start-up grants to agencies if money is available Provide technical assistance, consultation, and facilitation of regional network meeting 2 times per year	Involve school, family, and community partners to implement a comprehensive nutrition program for schools. Offer healthy meals, promote nutrition education, develop partnerships in schools and communities, and establish nutrition policies.		Statewide; open to all school districts based on their interest and readiness. Pre-K-12; child development agencies
Shapedown Pediatric Obesity Program Bob Mellin Program Director II Library Place San Anselmo, CA 94960 (415) 453-8886 Fax: (415) 453-8888	<ul style="list-style-type: none"> ◆ Computerized bio-psychosocial assessments, ongoing data collection using the Youth Evaluation Scale (Y.E.S) related to obesity including body composition, blood pressure, lipids, fitness testing, behavior, knowledge, psychological factors, parenting style, family functioning, an parent-child communication. ◆ Instructors Guide, age appropriate patient workbook and companion parent guide Funding Instructors pay \$200 for training and certification to use copyrighted program. Training earns 46 hours of C.E.U's.		The program is composed of ten weekly educational sessions. Nutrition education including: nutritional values, caloric density, and food choice consequences.	Patients are taught methods and the value of aerobic exercise and engage in some level of activity at each of SHAPEDOWN's ten weekly sessions	Nationwide 6-12 year old: Children's SHAPEDOWN 13-20 year old: Adolescent SHAPEDOWN

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<p>SPARK (Sports, Play and Active Recreation for Kids)</p> <p>Paul Rosengard Executive Director SPARK Physical Education San Diego State University 6363 Alvarado Court, Ste. 25 San Diego, CA 92120 (800) SPARK-PE or (619) 594-4824 (Paul's direct line) Fax: (619) 594-8707 E-mail: Sparkge@mail.sdsu.edu rosengard@mail.sdsu.edu Website: www.foundation.sdsu.edu/projects/sparWindex.html</p>	<ul style="list-style-type: none"> ◆ Elementary (K-6) PE program for schools, hospitals, community outreach, research grants that study or advocate for physical activity, recreation departments, after school programs and other people or agencies interested in promoting physical activity to children and adolescents. ◆ 25 articles published in professional journals ◆ Samples from PE curricula: K-2, Grades 3-8, Self Management Level 1 (4th or 5th grade) and the Self Management Level 11 (5th or 6th grade) <p>Funding National Heart, Lung, and Blood Institute (initially) Currently, NON-PROFIT organization of San Diego State University Foundation</p>	<p>Curricula for teachers and/or physical activity providers</p> <p>Professional staff development</p> <p>Follow-up consultation to ensure institutionalization</p>	<p>The SPARK Self-Management curricula contains lessons pertaining to nutrition, calories, fats, and eating in moderation.</p>	<p>SPARK is not the same old PE! SPARK is more ACTIVE, noncompetitive, non-gender specific, and FUN for both the student and teacher. SPARK also <i>teaches</i> children how to be active OUTSIDE of school. Research documents improvements in quality and quantity of classes, students' fitness levels, sport skills, and academic achievement.</p> <p>SPARK is the most thoroughly researched program ever and has been selected by many state and federal grants as their physical activity program.</p>	<p>San Diego County. SPARK has provided full adoption services for over 350 schools in 14 states, and thousands of physical educators use the SPARK books worldwide.</p> <p>K-8 th Grade</p>

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Women, Infants, and Children Food Supplement Program (WIC)	Funding Federal Government	<p>The goals of the WIC program are to:</p> <ul style="list-style-type: none"> • reduce complications of pregnancy • reduce iron deficiency anemia in women, infants and children • decrease prevalence of low birthweight infants • promote optimum growth and development of infants and young children <p>WIC provides services in all 58 counties through 80 local agencies.</p>	<p><u>Supplemental Foods:</u> Participants receive vouchers for food items specifically chosen to provide vitamins A, C, D, iron, protein, and calcium.</p> <p><u>Nutrition Education:</u> Diet evaluations, group and individual education sessions on prenatal nutrition, infant feeding, anemia, and weight control. High-risk participants receive dietary counseling from Nutritionists/Registered Dietitians.</p>		<p>Statewide</p> <p>Pregnant, breastfeeding or postpartum women, and children under 5 years of age who meet income eligibility and are at nutritional risk</p>

Program Contact Person	Available Resources, Data Funding Sources	Avenue of Money Spent	Nutrition Component	Physical Activity Component	Area & Age Served
Young Adults For Positive Achievement (YAPA) Program Em Johns-Vaughn Program Director 1314 H Street, Suite 201 Sacramento, CA 95814 (916) 447-9272 Fax: (916) 920-4793 E-mail: yapaem@aol.com	<ul style="list-style-type: none"> ◆ Surveys of 2,000 adolescents throughout the state on a variety of issues. ◆ Workbook of materials for their programs ◆ Video, Posters, Book Markers Funding CA Dept. Of Ed. Contract Consultants Peter Norton Foundation African American Women On Tour Other Agencies	Develop materials (such as curricula workbook, posters, videos) Rent Office supplies Travel expenses	Provide nutrition education to the adolescents in a role-play format that makes them realize it's for them and creates positive reinforcement. Compete with the media regarding body image and its affect on adolescents. Speak on the level of the adolescents because they trust and respect you.	Presented in role-play format. Same approach as nutrition, but the focus is physical fitness.	Primarily the state of California. Other states include: Washington, Georgia, Illinois, Florida, Pennsylvania, New York, and Texas. 12-18 year old multi-ethnic boys and girls
Youth Expanded Food and Nutrition Education Program (EFNEP) Marilyn Townsend Nutrition Education Specialist EFNEP State Office University of California Meyer Hall, Room 3253 1 Shields Avenue Davis, CA 95616-8783 (530) 754-9222 Fax: (530) 752-7588 E-mail- mstownsend@ucdavis.edu	Curriculum materials available for use to teachers, recreation staff, community leaders. (E.g. Eating Right Is Basic, Kitchen Science, Blue Sky Below My Feet) Funding Federal Government	Provide "hands-on" nutrition education for low-income youth and training to school teachers, and other agencies.	Increase awareness and introduce youth to a variety of foods to help them choose what and how to eat from the food groups. Introduce and explore the sensory, physical, chemical properties and nutrient components of food that the body needs to function. Increase awareness of the food contribution of other cultures. Focus on fruits and vegetables to make healthier food choices. Exploration of Food & Space Technology and its relationship to life on earth. Food safety.	Varies by county.	Multi-ethnic, low income youth ages Pre-K - 19 years old (See Appendix B for county contacts)

Appendix A

Youth Food Stamp Nutrition Education Program (FSNEP) - County Contacts

Alameda	Lucrecia Farfan-Ramirez	510-567-6812
Butte	Susan Donahue	530-538-7797
Calaveras	Kimberly Stumph	209-468-2085
Colusa	Isela Valdez	530-822-7515
Contra Costa	Shelley Murdock	925-646-6543
Glenn	Jeannette George	530-527-3103
Humboldt	Teresa McAllister	707-445-7351
Lassen	Don Lancaster	530-251-8133
Los Angeles	Edwina Williams	323-838-8336
Monterey	Jan Harwood	831-759-7365
Nevada	Sharon Junge	916-889-7385
Placer	Sharon Junge	916-889-7385
Riverside	Eunice Williamson	909-683-6491
Sacramento	Yvonne Nicholson	916-366-2013
San Francisco	Faye Lee	650-871-7559
San Joaquin	Kimbedy Stumph	209-468-2085
San Mateo	Faye Lee	650-871-7559
Santa Barbara	Carol Powell	805-934-6240
Santa Clara	Estella West	408-299-2635
Santa Cruz	Jan Harwood	831-759-7365
Solano	Carole Paterson	707-421-6790
Sonoma	Londa Garcia	707-527-2621
Stanislaus	Nancy Feldman	209-525-6800
Sutter	Isela Valdez	530-822-7515
Tehama	Jeannette George	530-527-3103
Tuolumne	Nancy Feldman	209-525-6800
Ventura	Lawrence Yee	805-645-1460
Yuba	Isela Valdez	530-822-7515

Appendix B

Youth Expanded Food and Nutrition Education Program (EFNEP) – County Contacts

Alameda	Suzanne Bernhard	(510) 639-1272	sjbernhard@ucdavis.edu
Fresno	Judi D’Innocenti	(209) 456-7545	jrdinnocenti@ucdavis.edu
Kern	Karen Bayne	(805) 868-6213	kibayne@ucdavis.edu
Los Angeles	Edwina Williams	(323) 838-8336	euwilliams@ucdavis.edu
Orange	Margie Cordoves	(714) 708-1514	macordoves@ucdavis.edu
Riverside	Martha Westin	(909) 683-6491	mweston@ucdavis.edu
0	Patricia Garehime	(909) 683-6491	ceriverside@ucdavis.edu
Sacramento	Melida Manjarrez	(916) 875-6913	cesacramento@ucdavis.edu
San Bernardino	Lorri Castro-Aguilera	(909) 387-2173	sb-youthefnep@ses.org
San Diego	Patricia Margolis	(619) 694-2863	pbmargolis@ucdavis.edu
Santa Clara	Estella West	(408) 299-2635	eawest@ucdavis.edu